

Substance Abuse Prevention

Presented by:

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RCASA Director



**Reading
Coalition
Against
Substance
Abuse**





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COALITION HISTORY

- The Reading Board of Selectmen appointed a committee in early 2006 to recommend strategies to address the town's substance abuse problem.

- RCASA was formed in Aug. 2006 as a sustainable, collaborative community approach to substance abuse prevention based on a strategic prevention framework and model of community change.



FUNDING HISTORY

The RCASA Director raised \$1,567,000 since 2008 in grant funds and successfully implemented projects through federal & state funders. The Town provided direct financial support for 2 full-time staff for 15 months in between grants. Since 2006, the Town provided extensive in-kind support = \$817,000. We are continually seeking additional support to enhance our sustainability.

FY16 Budget was \$223,498 for 3 grants:

4-yr \$194K to reduce underage drinking (expired 9/29/16)

2-yr \$100K for Mental Health First Aid training for school staff, police and community (expired 9/29/16)

5-yr \$625K grant substance abuse preven., expires 9/29/19)

OUTLOOK

FY17 RCASA Budget is \$125,000 supported for 1 grant. This funding for Drug Free Communities expires in FY19.

RCASA will have the opportunity to apply for an additional STOP Act Grant to reduce underage drinking of \$50,000 per year x 4 years (March 2017)

A federal Rx drug grant will be available through SAMHSA, projected for March 2017 (grant size not known).

State grants are expected but may be in the form of regional partnerships.

Grants do increase work for the Finance Department and require grant-funded staff to develop or create additional services in short time spans, so cost/benefit must be weighed given current financial climate.

GOALS

Establish and strengthen local collaboration in support of local efforts to prevent youth substance use.

LEADERSHIP

The RCASA Board meets monthly and includes 26 members representing 12-plus sectors who live, work, or attend school in Reading. The Town Manager, School Supt, and Police Chief all serve on the board. The Board provides overall governance & strategic plan guidance.

STAFF

In FY16, the RCASA staff included 1.64 full time employees with strong prevention & addiction expertise. We are Town employees and maintain an office at the RPD. A seasonal Youth Organizer provided support during the summers & winter seasons.

FY16 STAFF WORKFLOW

1 FTE Grant funded

% Time Spent by Director



■ Planning/Coordination (10%) ■ Public Speaking/Education (40%)
■ Data Collection/Analysis (20%) ■ Policies/Programs/Mgmt (30%)

.60 FTE Grant funded

% Time Spent - Outreach Coord.



■ Case Management/Education (35%) ■ Outreach Projects (50%)
■ Resource/Referrals (15%)



LONG-TERM RESULTS

Reduce Substance Use & Improve Collaboration

Significantly less Rx and alcohol access in local homes

1.1 million pills collected through Rx Round Up.

Alcohol access reduced through compliance and policy

2005

2015

Alcohol free (lifetime)

33%

45%

Alcohol free (past 30 days)

55%

62%

Alcohol free (no binge drinking)

71%

78%

2015 Reading YRBS, H.S.

Interdepartmental programming diverted 167 youth from court system and provide alternatives to school suspension.

2012-2016 Div. Referrals

170 youth, ages 14-20

R E F E R R A L S

Reading Police 158
Middlesex DA's Office 12



41%

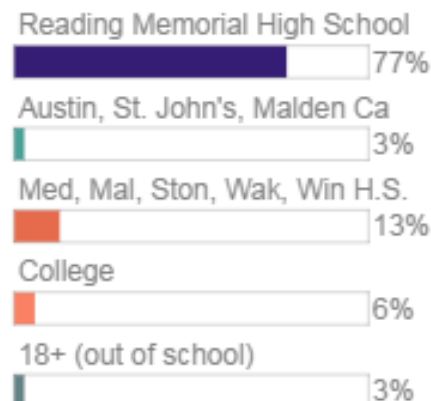


59%

S U B S T A N C E S

Alcohol 152
Marijuana 7
Other drugs 6
Alcohol/Marijuana 5

By School

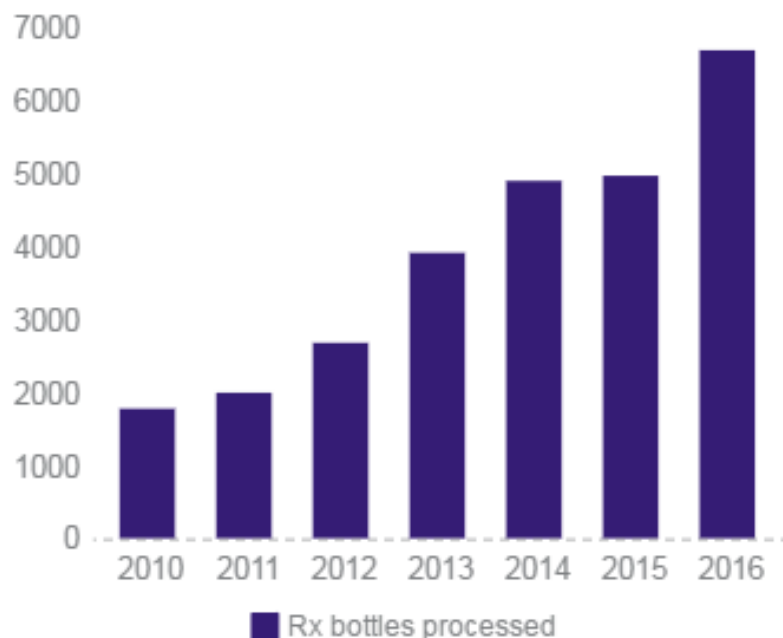


Teens
completed
1300 hours
of local
community
service.

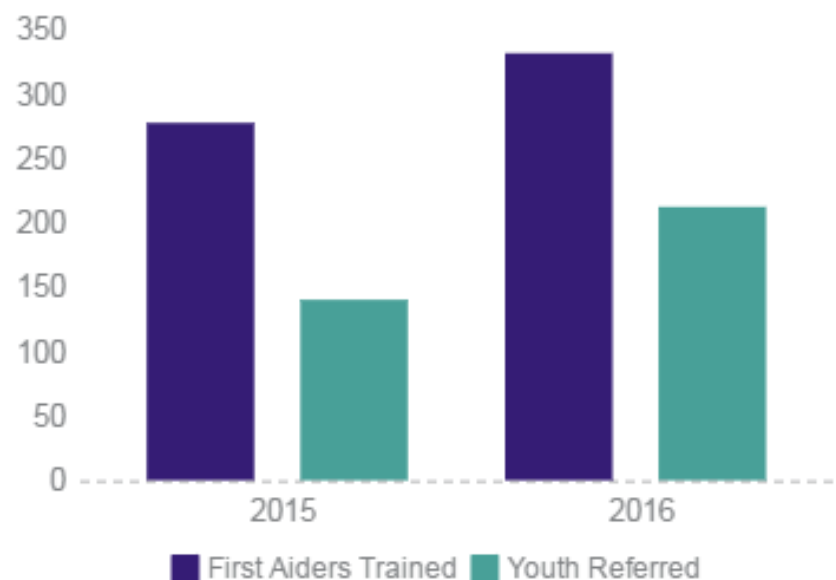
167 YOUTH DIVERTED (LOCAL LEVEL)

BREAKING THROUGH THE NOISE

Rx Round Up



Mental Health First Aid (608 adults referred 352 youth)



New Resource Rolled Out-11/1/16

Need help finding mental health care?



WILLIAM JAMES
COLLEGE

INTERFACE Referral Service

PARTNERS IN PREVENTION



Reading
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The **Town of Reading** has contracted with a unique **HELPLINE** service staffed by **licensed clinicians** that can help children, teens, & adults in Reading become connected with **mental health care**. Get provider matches that meets your specific needs, accepts your insurance & has available appointments.

Call 1-888-244-6843 (toll free) • M-F • 9am-5pm

<https://interface.williamjames.edu/>